



AEROBIC WINTER CHALLENGE GUIDLINES

- 1) Teams **MUST** consist of 5-10 people. This can include fellow employees and any family members 18 years and older. **NO CHANGES** are allowed on your **TEAM ROSTER or TEAM NAME** after October 22.
- 2) A *beginner* is defined as a person who has not been physically active three or more times per week for the last two months. A *regular* has been physically active three or more times per week for the last two months. **Beginners** must exercise **12** days per month, **regulars** must exercise **16** days per month during the Challenge.
- 3) In order to qualify as completing the month, participants must be physically active for a total of 30 minutes per day, the required number of days. Those 30 minutes may be split up during the course of a day.
- 4) Each participant completing one month at 100% is eligible for prizes being drawn that month. Those completing all four months with 100% participation are eligible for the Grand Prize Drawing in March.
- 6) **The non-refundable \$2 entry fee will be split up as follows:** \$1 will go toward buying prizes and \$1 will go to the jackpot. At the end of the four-month Challenge, **all TEAMS in which all members finish all four months with 100% will split the jackpot.** Teams must consist of at least 5 members to participate in splitting the pot.
- 7) Monthly team reports **must** be turned in **on or before** the specified date for your team members to be eligible for monthly drawings. Results may be **FAXED** to 522-7855 or emailed to pcady@coconino.az.gov.
- 8) If a team member is unable to be physically active due to a serious illness (more than a cold) or an injury, the member will be excused by submitting a letter to the Heartbeat Program, turned in with the monthly report.
- 9) A person who is currently using any form of tobacco (daily use) can qualify for special individual prizes if they complete the 4 months of activity and are also tobacco-free for the entire month of February. The tobacco user **must** coordinate participation in group or individual support programs through the Coconino County Tobacco Use Prevention Project. For more information call Carol at (928) 522-7882.

AEROBIC WINTER CHALLENGE 2004-2005

cut risk of heart attack and stroke - lower blood pressure
reduce colon cancer risk - manage weight - remove bad cholesterol
diminish backaches - control diabetes - curb fatigue - minimize fat
decrease depression - ease anxiety - suppress appetite - prevent osteoporosis
increase flexibility - look younger - prolong independence into old age
sleep better - raise metabolism - improve digestion - relieve stress
strengthen immune system - enjoy natural highs - boost alertness
build confidence - create a healthy glow - extend endurance
sharpen mental agility - cultivate balance
improve posture - have more fun!